

## FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription of ointment—double strength—is guaranteed to remove these homely spots. Simply get an ounce of ointment—double strength—from your druggist, and apply a little of it night and morning, and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than one ounce is needed to completely clear the skin and gain a beautiful clear complexion.

Be sure to ask for the double strength ointment, as this is sold under guarantee of money back if it fails to remove freckles.—Adv.

### At the Museum.

"Is that the artist's name in big letters on the picture, pop?"

"No, my son. That is the name of the rich man who presented the picture to the museum. You will find the artist's name in very small letters down in the lower right-hand corner."

### CUTICURA COMFORTS BABY

Suffering From Itching, Burning Rashes, Eczema, etc. Trial Free.

Give baby a bath with hot water and Cuticura Soap, using plenty of Soap. Dry lightly and apply Cuticura Ointment gently to all affected parts. Instant relief follows and baby falls into a refreshing sleep, the first perhaps in weeks. Nothing more effective.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Too many men turn down a paying job for reform work that doesn't pay them anything.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

An angler may tell the truth when he tells how many fish the other fellow caught.

A form of parachute has been invented to enable persons to escape from high buildings in case of fire.

Don't count your poultry before they get big enough to get away from the cat.

### Self-Esteem.

"You must forgive your enemies."

"I do," replied Miss Cayenne. "But I can't help criticizing their bad taste."

### Mandy the Undisturbed.

Solitude does not make for eloquence.

"Mandy," said Bill Ittner, the ultimate denizen of Butter Creek, "where's my razor? I need a shave."

Entered then Ike Kidder, the arch enemy of Bill Ittner, a bad citizen from across the range. A nine-inch bowie flashed in his hand. Bill clinched with Ike and the mountain cabin trembled in their struggle. The table was demolished, the stove collapsed, the matrimonial water bucket was overturned. Finally, Bill secured the knife. As he pushed the dying Ike from its blade—

"Behind the clock," said Mandy. "You sure do!"—Judge.

### Vengeance First.

A young convict came singing around the corner of the big, sunny yard, and Judge Briles had just made himself comfortable in an easy chair on the big house porch.

"Good morning," said he to the man. "Good morn'g!"

"What are you here for?"

"Beatin' up a policeman."

"That is a serious offense. Now, aren't you glad you have thought better of it and intend to turn about?"

"Yes, suh."

"And when you get out you will reform?"

"Yas, suh, I'll done beat up dat perleceman what sent me up fo' beatin' him up—after dat, I'es gwine to be a diffunt niggah, Jedge."—Pittsburgh Chronicle Telegraph.

### GLASS OF WATER Upset Her.

People who don't know about food should never be allowed to feed persons with weak stomachs.

Sometime ago a young woman who lives in Me. had an attack of scarlet fever, and when convalescing was permitted to eat anything she wanted. Indiscriminate feeding soon put her back in bed with severe stomach and kidney trouble.

"There I stayed," she says, "three months, with my stomach in such condition that I could take only a few teaspoonfuls of milk or beef juice at a time. Finally Grape-Nuts was brought to my attention and I asked my doctor if I might eat it. He said, 'yes,' and I commenced at once.

"The food did me good from the start and I was soon out of bed and recovered from the stomach trouble. I have gained ten pounds and am able to do all household duties, some days sitting down only long enough to eat my meals. I can eat anything that one ought to eat, but I still continue to eat Grape-Nuts at breakfast and supper and like it better every day.

"Considering that I could stand only a short time, and that a glass of water seemed 'so heavy,' I am fully satisfied that Grape-Nuts has been everything to me and that my return to health is due to it.

"I have told several friends having nervous or stomach trouble what Grape-Nuts did for me and in every case they speak highly of the food."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## THE KITCHEN CABINET

Will the love that you're so rich in Build a fire in the kitchen And the little god of love turn the spit?

Enthusiasm is essential to the successful attainment of any high endeavor.

### DAINTY MEALS FOR SMALL FAMILY.

As we all learn from sad experience, roasts are not satisfactory bought in small quantities and no family enjoys beef, mutton or chicken three or four days in succession; neither does the frugal housewife wish to waste good food.

To make a successful caterer for a small family attention must be paid to the marketing and arrangement of quantities.

If one arranges to have guests for luncheon, after having a chicken dinner, the chicken may be used in patties, or salad or as chicken croquettes. Thus one may entertain without feeling any special drain on the living expenses. A varied diet may always be given, as broths may be made from the bones of the aforesaid chicken for the next day's luncheon, following with a dish of macaroni and cheese or spaghetti and tomato sauce, thus having a soup and an entree at slight expense.

A can of corn may be opened and part of it used as a vegetable with milk or cream, then a few days later prepare it with egg, a cupful of white sauce and seasonings of mustard, salt, Worcestershire sauce and pepper into an escalloped dish, to serve either as a main dish at luncheon or as a vegetable at dinner. Such dishes as veal birds or olives are attractive and made from small bits of meat. Flatten them by beating, roll up with a piece of bacon or salt pork and bread crumbs brown in a hot frying pan, then add cream and simmer until tender.

Cucumbers too old for slicing may be cooked after crisping in cold water and served as one does asparagus.

Why in the world do you want to carry things that annoy and harass and hurry? Stop them and drop them, a new day is here. Squeeze a laugh from it instead of a tear.

### VEGETABLE COOKERY.

It may perhaps have been noticed—the lack of space given in our cook books to the subject of vegetable cookery. This lack shows the value we place upon them and the reason for the slipshod methods of cooking. We do not learn, by instinct, to cook vegetables, and until they take their proper place in food values they will no doubt continue to be wasted in cooking.

The failure of getting good results from vegetable food may be with the selection, for vegetables out of season are neither economical nor satisfactory; the flavor is usually in inverse ratio to the cost. The best of cooking and seasoning cannot supply the lack of flavor.

Vegetables may be crisp and fresh when brought from the market, but by careless handling are wilted and spoiled.

In the cooking of vegetables there are a few things to remember, first to retain all the mineral matter and nutriment possible, to soften the cellulose and to develop the flavor, making them more palatable.

Spinach cooked properly should be well washed and cooked without the addition of water or very little. This vegetable being rich in iron which is soluble in water, may be cooked in a large amount of water be nearly valueless as a food. This is true of saffron, green peas and beans, or, in fact, any of the delicately flavored, succulent vegetables. The seasoning is another important item; the flavor should never be disguised by seasoning. Usually butter, pepper and salt, not too much, is the best because it is the plainest.

To accomplish these results one may use several methods; cook the vegetable whole or in large pieces, to cook with the skin on when possible, to cook in as small an amount of water as possible without burning, to serve the water in a sauce with the vegetable whenever possible, and to season after the vegetable has started cooking so that the salt does not draw out the flavor.

### Origin of Powdery Scab.

Powdery scab has been traced to the Andean region of Peru, and is believed to be endemic in the native home of the potato. That it is a parasite of long standing is indicated by its manner of developing in the potato cells, which remain alive for some time after infection.

### Grow Plants as Side Line.

Many market gardeners are growing geraniums and other bedding plants as a side line.

An angel paused in his onward flight With a seed of love, and truth and light And cried, "Oh where shall this seed be sown That it yield most fruit when fully grown?" The Savior heard; and he said, as he smiled, "Place it for me in the heart of a child."

—Mrs. N. C. Alger.

### FOOD FOR THE CHILD.

It is as important that the growing child should have tissue building food as it is that he should have plenty of fresh air. Both are necessary for growth. Highly seasoned rich food, sweets, pickles and spiced foods have no place in the diet of a child.

Simple, plain, well-cooked food of sufficient variety to conform to the age and health of the child is important enough for each mother to give time and study to her child's needs.

Broths of various kinds, as well as purées of vegetables are good dishes for children, with a slice or two of well buttered whole-wheat bread.

Well-cooked rice with no seasoning but salt, served in good, rich milk, will make a satisfying meal. Rice combined with sugar, eggs and milk makes a dessert which is safe and wholesome.

Orange juice may be given quite a young child, provided it is done between feedings. Scraped apple, stewed figs and prunes without sugar, are all good for the child. The natural craving for sweets may be satisfied by giving a piece of wholesome candy after a good meal. Never allow the child's appetite to be cloyed by sweets before a meal.

Often the irritable, naughty child is only so because of improper food and being allowed to eat sweets.

For a child's supper dish there is nothing that takes the place of good bread and milk, adding a pinch of salt to the dish.

Mutton Broth—Wipe three pounds of the neck of mutton, remove the fat and skin and cut in small pieces. Cover with cold water and heat gradually to the simmering point; skim and strain when the meat is tender, season with salt and add three tablespoonfuls of rice or barley. Cook until the rice is tender.

All that men ever did, Somewhere sometime was hid; Thought has to dig it out, Zeal has to bring it out, Nothing is futile to wit, grit and skill; Your lot depends on the strength of your will.

—Kaufman.

### SOME QUICK SOUPS.

The soup for an emergency is without argument the canned variety. It is wise to have on the emergency shelf with which every well-regulated family is supplied, a variety of canned soups to which to turn in time of need.

Cream of Peanut Soup.—Put a cupful of peanut butter into a quart of milk; add half a teaspoonful of salt, a dash of cayenne, a tablespoonful of grated onion, a bay leaf, a pinch of celery seed, or a few of the leaves of celery tops. Cook in a double boiler for ten minutes. Moisten a tablespoonful of cornstarch with cold milk and stir until smooth, add to the soup and cook ten minutes. Strain through a sieve and serve with squares of toasted bread. Freshly roasted peanuts may be ground fine or pounded and used instead of peanut butter.

Cream of Pea Soup.—Press through a colander a pint of peas, add a quart of milk, a bay leaf, and a teaspoonful of onion juice. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, and when well cooked add the first mixture. Remove the bay leaf, season well and serve hot.

Quick Egg Soup.—Stir a teaspoonful of beef extract into a quart of boiling water, add a grated onion, celery salt, salt and pepper to taste. Pour boiling hot into a tureen with four tablespoonfuls of boiling rice and two well-beaten eggs. Serve hot. A portion of cold cooked vegetable may make a very palatable soup, if put through a sieve, added to hot milk, seasoned and thickened as usual.

Nellie Maxwell

### Save Fertilizing Material.

The average dairy cow produces about thirty dollars' worth of fertilizing value in manure. Under fair conditions and proper application to the field, 80 per cent of this manure value can be returned to the field from which it came.

### Grain Ration for Horses.

A grain mixture of oats, corn, wheat bran and oil meal is the best grain ration, with some good, bright mixed hay, to put flesh on horses.

## DAIRY FACTS

### PROFITABLE TO SELL CREAM

Burdens of Farm Women Lightened and Income Not Decreased—Separator is Most Essential.

Some farmers are churning butter and selling it for less than they would receive from the sale of the cream which is used in making the butter. Prof. C. H. Eckles of the Missouri College of Agriculture points out three very good reasons why it is to the advantage of the Missouri farmers to sell cream rather than to make butter to be sold at the local store. (1) Selling cream means less work for the women than making butter. (2) The cream will nearly always bring as much as the butter and often considerably more. (3) The cream buyers offers a market for any quantity of cream at any time.

Any system that will lighten the duties of the women on the farm without decreasing the income should certainly be adopted. When cream is sold all that is necessary is to see that the cream is cooled after being separated and to take it along to town twice a week in winter and three times in summer.

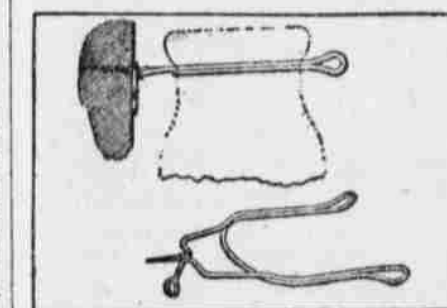
It may be that a few farmers' wives will find special customers that will take the butter at a price equal to that secured for cream, but that does not apply to many. Even then surplus butter will be left on hand at times. Again there may not be enough to supply the customers and dissatisfaction will result. When selling cream these troubles do not come to annoy. Any quantity, much or little, can be sold to the cream buyer at any time and cash received on the spot.

As a rule, unless the homemade butter can be sold at an average price of 25 cents or more the year around, the income will be more if the cream is sold. At an average of 25 cents the income will be about the same, but a large amount of work will be saved by selling the cream. If the farmer does not have a cream separator he should get one if four cows or more are milked. A machine will more than pay for itself within a year when ten cows are kept by the additional butter saved. Four cows with a separator will make as much butter as five of the same grade without a separator. The fifth one represents the loss in butterfat in the skim milk.

### HANDY MILK BOTTLE HOLDER

Contrivance Shown in Illustration Easily Can Be Fastened to Any Convenient Support.

Since bottles have superseded the old-fashioned milk-pail, people have been perplexed to find some method of suspending the bottle out of the reach of cats, dogs, etc. The contrivance shown in the illustration can be



Milk Bottle Holder.

fastened to any convenient support. It consists of a piece of wire curved as shown with the ends bent on.—Independent Farmer.

### PASTEURIZED MILK IS BEST

Low Temperature Does Not Affect Nutritive Value or Digestibility of the Product.

When milk is held at 145 degrees F. for 30 minutes, all the disease-producing bacteria, so far as can be ascertained, are completely destroyed. At the same time a larger percentage of the bacteria that cause milk to sour and a smaller percentage of those that cause it to rot are left than when a higher temperature is employed. Pasteurized at a low temperature, milk undergoes no change which affects its nutritive value or its digestibility. Subjected to a temperature of 150 degrees F. or more, however, does result in certain chemical changes. The time is coming when virtually all market milk sold at retail in cities will be pasteurized.

### PREVENT GROWTH OF HORNS

In Using Caustic Potash the Application Must Be Made Before Calf Is One Week Old.

Caustic potash is the chemical used for preventing the growth of horn on young calves. The application must be made before the calf is one week old, in order to be effective.

The hair is clipped away from the small buttons which may be felt and which are the future horns. A stick of caustic potash is then moistened and rubbed on the spot until the skin bleeds slightly.

The calves must not be permitted to run out in the rain for several days after the application of the caustic, as the water is likely to wash the caustic down into the eyes with damaging results.

### ABLE TO FOLLOW ANY TRAIL

Australian Aborigines Are Conceded to Be the Finest Trackers Known to the World.

The Australian aborigines are the finest trackers in the world. On many occasions they perform feats which are almost beyond belief. But to them the work is quite habitual. The boys are taught to track from birth.

The women are just as expert as the men. Horse tracks are child's play to them; they can track a horse at full gallop. They can track anything—possums, snakes, iguanas; even beetles leave sufficient trail for them to work on.

The standard of honor among these tribes is high. When one of them breaks their strict code, fearing the wrath of the tribe, he bolts, and, knowing he will be pursued, uses all his knowledge in an effort to elude those in search of him; but it is questionable if there is a single case on record where he escaped.

What might be called classes in tracking are held for the youngsters. The tutor will get them in a body, and then disappear into the bush and do everything he can do to make them lose his tracks. He will tiptoe along fallen logs, swim a quarter of a mile along a stream, double on his tracks, and so on.

Finally he returns to the boys, who then set out to pick up the tracks.

### Why He Resembled His Parents.

A bachelor friend of the young couple was being entertained at dinner, and during the evening he was presented by the proud mother to her infant son.

"Now, Fred, which of us do you think he is like?" she asked gayly, holding up the baby for inspection.

The guest viewed the tiny mite for a moment as he replied, "Well, of course intelligence has not really dawned in his countenance yet, but he's wonderfully like both of you!"—Youth's Companion.

### Too Busy.

"John, I don't believe you paid any attention whatever to the sermon today."

"How could I, my dear? I was trying to figure out how I am going to pay for the Easter hats and gowns you and the girls are wearing."

Fussing in public is a better matrimonial sign than kissing in public.

A spinster looks upon man as an evil—but not as a necessary evil.

## If you Suffer from Backache, Lumbago, Kidneys or Rheumatism, Take Hot Water and "ANURIC"

American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish, the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead, when your back hurts or the urine is cloudy, full of sediment, or you are obliged to seek relief two or three times during the night, when you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your druggist—"ANURIC." Because of uric acid in overabundance in the system, backache, pains here and there, rheumatism, gout, gravel, neuralgia and sciatica result. It was Dr. Pierce who discovered a new agent, called "Anuric," which will throw out and eradicate this uric acid from the system. Dr. Pierce believes "Anuric" to be 37 times more potent than lithia, and consequently you need no longer fear muscular or articular rheumatism or gout, or many other diseases which are dependent on an accumulation of uric acid within the body. Send Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., for trial package or \$1.00 for full treatment "Anuric."

Dr. Pierce's reputation is back of this medicine and you know that his "Pleasant Pellets" for the liver and his "Favorite Prescription" for the kidneys of women have had a splendid reputation for the past 50 years. Adv.

### How It Impressed Him.

Willie's father was trying to impress upon him the tremendous progress that science and invention have made in the past fifty years.

"Just think, Willie," he said, "When I was a boy there were no telephones, no electric lights, no talking machines, no moving pictures, no X-rays, no wireless telegraphy, no—"

"Gee," interrupted Willie. "What an awful lot of hicks everybody must have been!"

### An Optimist.

"Some say the world is growing worse."

"I don't think that way, although they are adding more crimes to the statute books."

### His Choice.

"What is your favorite flower?" asked the girl.

"Cauli—" replied the practical man.

## Bumper Grain Crops

Good Markets—High Prices Prizes Awarded to Western Canada for Wheat, Oats, Barley, Alfalfa and Grasses

The winnings of Western Canada at the Soil Products Exposition at Denver were easily made. The list comprised Wheat, Oats, Barley and Grasses, the most important being the prizes for Wheat and Oats and sweep stake on Alfalfa.

No less important than the splendid quality of Western Canada's wheat and other grains, is the excellence of the cattle fed and fattened on the grasses of that country. A recent shipment of cattle to Chicago topped the market in that city for quality and price.

Western Canada produced in 1915 one-third as much wheat as all of the United States, or over 300,000,000 bushels.

Canada in proportion to population has a greater exportable surplus of wheat this year than any country in the world, and at present prices you can figure out the revenue for the producer. In Western Canada you will find good markets, splendid schools, exceptional social conditions, perfect climate and other great attractions. There is no war tax on land and no conscription.

Send for illustrated pamphlet and ask for reduced railway rates, information as to best locations, etc. Address Superintendent Immigration, Ottawa, Canada, or

W. V. BENNETT, Room 4, Bee Bldg., Omaha, Nebr. Canadian Government Agent

## MANY CASES OF STOMACH AND BOWEL DISORDERS

are traceable to delay

Moral — — —

TRY

## HOSTETTER'S Stomach Bitters

AT THE FIRST SIGN OF TROUBLE

SWAMP-ROOT Is not recommended for everything, but if you have kidney, liver or bladder trouble it may be found just the remedy you need. At druggists in fifty-cent and dollar sizes. You may receive a sample size bottle of this reliable medicine by Parcel Post, also pamphlet telling about it. Address Dr. Kilmor & Co., Binghamton, N. Y., and enclose ten cents, also mention this paper.

### No Changes There.

Bacon—Astronomers in 18 observatories in almost as many nations are compiling a map of the heavens that is expected to catalogue from 30,000,000 to 40,000,000 stars.

Egbert—Evidently don't believe the war is going to change the map of the heavens.

### USE ALLEN'S FOOT-EASE

The antiseptic powder to be shaken into shoes and used in foot-bath. It relieves painful, swollen, smarting, aching, tired feet and instantly takes the sting out of corns and bunions. The greatest comfort discovery of the age. Sold everywhere. 25c trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y. Adv.

### Probably Not.

"They say George has brain fever."

"Nonsense! Can an anglerworm have water on the knee?"

FITS, EPILEPSY, FALLING SICKNESS Stopped Quickly. Fifty years of uninterrupted success of Dr. Kilmor & Co.'s Medicine in curing Epilepsy, Fits, Falling Sickness, St. Vitus' Dance, etc. Sold everywhere. 25c trial package FREE. Address Dr. Kilmor & Co., Binghamton, N. Y. Adv.

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### Millions Best Varieties

### YELLOW YAM POTATO SLIPS

\$2.50 PER 1,000 DELIVERED Tomato and Cabbage Plants, for Sandy and Black land, all best varieties \$1.75 per 1,000, 500 for \$1.00, 400 per 100 delivered, packed in Moss in good strong baskets, write for plant catalogue. MILANO PLANT CO. MILANO, TEXAS

### PATENTS

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### Nebraska Directory

### Hotel Loyal, Omaha

Take Dodge Street Car From Stations

ABSOLUTELY FIREPROOF

Rates: \$1.00 up without bath.

\$1.50 up with bath.

The Hotel With a Reputation

R. E. BRYANT—Proprietor—O. E. CARNEY

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